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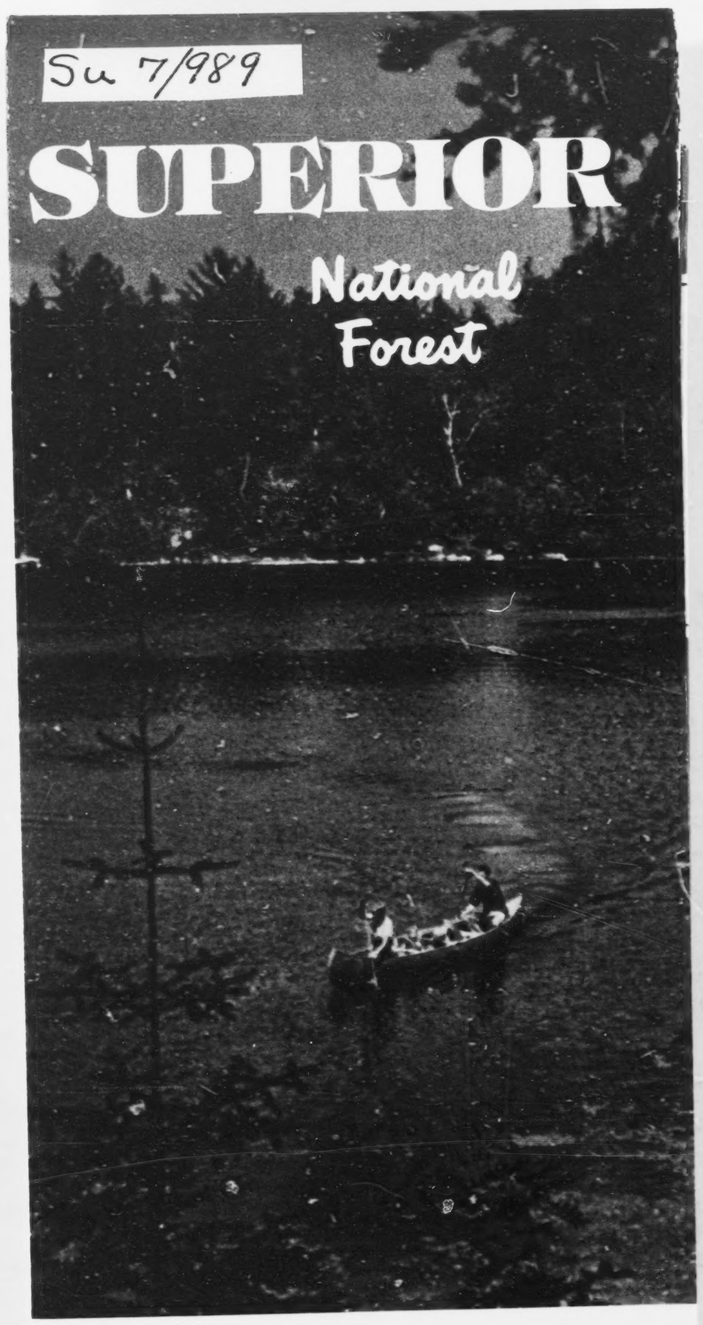


United States Department of Agriculture | Forest Service | **Superior National Forest** | Duluth Minnesota

A 13.28:

WELCOME TO SUPERIOR National Fore

WELCOME....

With 3 million acres of water, wildlife, rock, and trees that are the Superior National Forest. Here you can find recreation opportunities - year-round, including travel in the Boundary Waters Canoe Area Wilderness (BWCA). Along with the major recreation activities highlighted here, the Forest is an ideal place for running, biking, horseback riding, kayaking, sailing, waterskiing, rock hunting, nature study, bird watching, outdoor photography, dog sledding, and more.

Enjoy the Superior National Forest but leave it as you find it — or better, after all, it belongs to you.

Volcanic activity, some 700 million years ago, expelled huge amounts of lava, helping create land forms much like the hill country of Kentucky and Tennessee.

Subsequent sheets of glacial ice covered the land at least four times in the last million years. The ice plowed up thousands of forested acres, leveled rocky outcrops, and stripped soil from the land. Massive rocks were picked up and they fried, grooved, and polished the rocky earth as the ice sheets ground relentlessly forward.

As it retreated, the last glacier left a stark, barren landscape. Earlier drainage patterns were altered as meltwater filled depressions. The many lakes now found in the Superior National Forest were formed in the wake of the retreating glacier.

Gradually, soil formed on the rocks and vegetation began to stake a claim. Decaying aquatic plants collected in shallow lakes and formed bogs and swamps. These processes continue today.

As you travel in the Forest, you can see how little soil is found in some areas. Remember, what is there took 11,000 years to form.

HOW TO GET HERE

Duluth, Minnesota, headquarters for the Superior National Forest, lies 60 miles south of the Forest. It is accessible by train, bus, a few airlines, and interstate Highway 35 from Minneapolis-St Paul. Northern Transportation Company provides daily bus service from Duluth north to communities within the Forest's boundaries. Three major highways offer easy access to the Forest from Duluth — U.S. Highway 61 runs along the north shore of Lake Superior to the Forest's eastern edge; U.S. Highway 53 travels north to the western portion of the Forest; and State Highway 169 meets Highway 53 at Virginia and continues northeast to Ely in the center of the Forest.

CAMPING AND PICNICKING

National Forest camping opportunities range from fully developed campgrounds to secluded sites with few or no facilities. Most campgrounds are open from spring through late fall. Usually at least one campground in each area is open during the off-season but roads are often unplowed, limiting access.

Daily fees at developed campgrounds help cover operation and maintenance costs. Signs at campground entrances identify charge areas and amounts. Check campground bulletin boards for information, regulations, and special events. Visitors 62 years old or older can get a free Golden Age Passport that entitles them and their party to a 50 percent discount on camping fees at National Forest campgrounds. It also serves as a free entry permit to all Federal parks, monuments, and recreation areas. Apply for it in person at any Forest Service office and bring proof of age.

Camp units are limited to one family only. Most units have a fireplace, table, and tent pad, and a parking spur that accommodates trailers up to 22 feet long. Some units are designed as carry-in tent sites. Fall Lake Campground has cold running water, flush toilets, and a trailer dumping station but all other campgrounds are more rustic in nature with hand pumps and pit toilets. Many campgrounds have unsupervised swimming beaches, boat landings, and interpretive trails. Pets are allowed but must be kept under control.

Echo Lake and Crescent Lake Campgrounds have group camping sites. Refer to the recreation site index for details on camping facilities and locations. Local chambers of commerce have listings of State and private campgrounds in the area. Many private campgrounds have showers and electrical hookups.

For those preferring a more solitary experience, the Forest offers over 200 individual, primitive campsites outside the BWCA. While many are accessible by water only, others can be reached by foot or vehicle. Contact the nearest ranger district office for help in locating these sites.

In addition, many sites throughout the Forest have no latrines, fireplaces, or other improvements. This type of primitive camping carries a special responsibility, to leave the area in a natural state so those who follow cannot tell the site has been used.

Developed picnic grounds have tables, grills, and toilets. In addition to those developed picnic grounds listed in the site index, you can find many undeveloped sites well-suited to an impromptu picnic.

PRIVATE LANDS

Some areas within the National Forest boundary are privately owned. Respect private landowners' rights. Get permission before traveling on their property.

BOATING AND CANOEING

More than 2,000 lakes and a network of streams and rivers are found in the Superior National Forest. Motor use and size are restricted in the BWCA, but in the rest of the Forest boating and canoeing opportunities are endless.

The Forest Service maintains over 30 boat launch sites in addition to those providing access to the BWCA. These launch sites range from paved lots and ramp access to those where boats and canoes must be carried down to the water. These facilities are shown on the map.

Twelve primitive canoe routes await you outside the BWCA. Often, these little known areas offer a sense of solitude similar to that found on a remote corner of the Wilderness. See the map for locations.

HIKING AND BACKPACKING

Forest Facing trails varying in length and difficulty provide an adventure of a few hours, a day, overnight, or even a week or more. If you're looking for something unique, combine hiking with another activity, such as berry picking or bird-watching. Try one of the hunter-walking trails or the challenging physical fitness trail just north of Virginia on the Laurentian Divide.

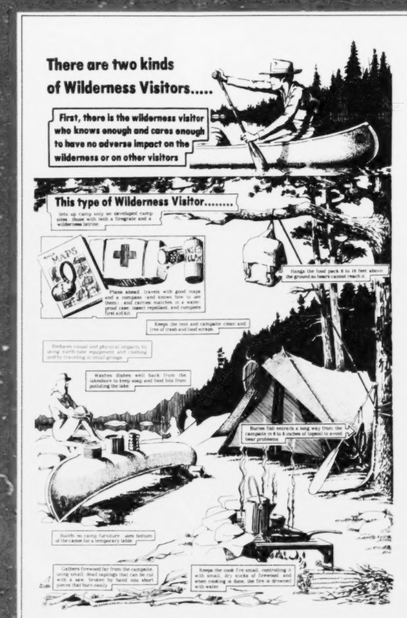
Refer to the recreation trails index for a listing of trail types, lengths, locations, and facilities. Trail maps and information on trail conditions are available at Forest Service offices.

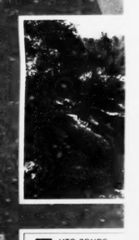
WINTER USE

Northwoods winters are ideally suited to winter sports — cross country and downhill skiing, snowmobiling, ramping, snowshoeing, ice fishing, skating, and sledding. The Superior National Forest is large enough to accommodate all these activities, but in some areas those traveling by skis, snowshoes, or snowmobiles must share the same route. Common sense and courtesy enable everyone to enjoy a safe and pleasant experience.

Designated trails are listed in the trail index but many miles of unplowed roads also are open to winter travel. You may wish to combine your travel with winter camping for a rewarding experience. Most areas in the National Forest are open to camping; however, it is prohibited in day-use areas such as parking lots, boat landings, and picnic grounds. Contact the nearest ranger district office for help in finding a location that meets your needs.

Winter travel presents special hazards. Unexpected wind, snow, and cold can turn a pleasant outing into tragedy. Know your limitations and be prepared for the unexpected. Dress for the weather. Check weather forecasts before setting out. Crossing lakes and rivers can be dangerous. If you travel on ice, always travel with someone who knows local conditions and test ice carefully. Let someone know where you are going and when you will return.


There are two kinds of Wilderness Visitors.....
First, there is the wilderness visitor who knows enough and cares enough to have no adverse impact on the wilderness or on other visitors
This type of Wilderness Visitor.....
And then.....
...there is the visitor who doesn't know, or worse yet, doesn't care about impact on the wilderness or on other visitors
This Wilderness Visitor....



AUTO TOURS

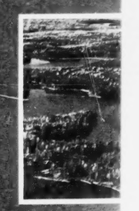
Come to the Fore... explodes with co... hiking trails, wind... its spectacular ... where. A popular area for ... the Sawtooth Mountains ... along the north shore of L... areas also offer great co... western edge of the For... way 4, you'll see breaths... of red maple, birch, aspe...

VOYAGEUR VISIT...

Located east of ... is the Voyageur... ated visit the Fores... the exhibits, walk... just rest and relax. Feel f... mation on the Forest's re... activities.

Programs are scheduled ... jects including animal tra... habits, lake history, camp... wild edible foods, fire, nat... compass reading, and ro... to gain one of the many ... and bogs where you'll le... unique history and plant ... to see any of the many fil... on nature and resource ...

The Center is open dai... through late fall. For inf... programs, and special ... call (218) 365-6185.



CLIMATE

Northeastern Minnesota is well-known for its warm summer days and cool nights. Indian summers, and windy winters. Yearly rainfall ranges from 26 to 31 inches and average snowfall is about 60 inches. Lake Superior influences the climate of nearby areas, moderating extreme temperatures and increasing precipitation in the northeast.

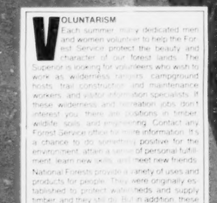
Temperatures range from -50°F in the winter to 98°F in summer. Average seasonal temperatures are 42°F during fall and 12°F in winter.

OFF-ROAD VEHICLES

Whatever off-road vehicle (ORV) you choose, the objective is the same — to leave pavement and traffic behind and get back into the woods. In the Superior, ORV use is limited to roads and trails because of the Forest's heavily timbered landscape.

During seasons with no snow, ORVs are allowed on all roads that can be traveled without harming vegetation and on roads not closed to public access. In winter, snowmobiles are permitted on all National Forest land except plowed roads, roads or trails signed as closed, and are permitted only on designated routes in the BWCA.

Remember, Forest land is fragile. Help protect this resource by operating your vehicle responsibly and safely.



VOLUNTARISM

Each summer, many dedicated men and women volunteer to help the Forest Service protect the beauty and character of our forest lands. The Superior is looking for volunteers who wish to work as wilderness rangers, campground hosts, trail construction and maintenance workers, and visitor information specialists. If these wilderness and recreation jobs don't interest you, there are positions in timber, wildlife, soils, and engineering. Contact any Forest Service office for more information. It's a chance to do something positive for the environment, obtain a sense of personal fulfillment, learn new skills, and meet new friends.

National Forests provide a variety of uses and products for people. They were originally established to protect watersheds and supply timber, and they still do. But in addition, these forest lands are rich in wildlife, forage, and recreational opportunities. The Forest Service is responsible for managing these lands, and for balancing and coordinating the various uses so all Americans can continue to receive the many benefits their forest lands provide.

The Forest Service is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, religion, color, sex, or national origin.

Average temperatures and precipitation during late spring and summer are:

MONTH	TEMPERATURES (Fahrenheit) HIGH	LOW	NORMAL	DAYS W/ PRECIPITATION	AVERAGE PRECIPITATION
May	67	42	55	16	3.1"
June	70	50	60	16	4.2"
July	77	55	66	15	3.3"
August	73	54	64	14	3.8"
September	63	45	54	16	3.4"

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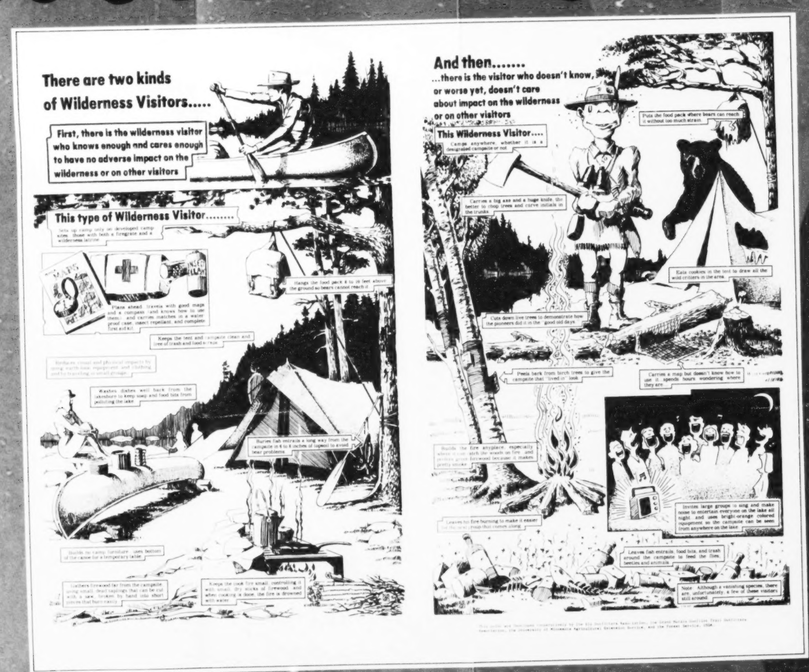
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This type of Wilderness Visitor.....
And then.....
...there is the visitor who doesn't know, or worse yet, doesn't care about impact on the wilderness or on other visitors
This Wilderness Visitor....

AUTO TOURS

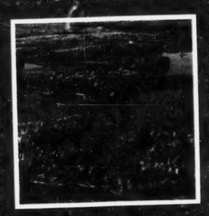
Come to the Forest in autumn when it explodes with color. Forest roads and hiking trails wind through fall foliage as spectacular as you'll see anywhere. A popular area for viewing fall colors is the Sawtooth Mountain Range, which runs along the north shore of Lake Superior. Inland areas also offer great color. Along the southwestern edge of the Forest on County Highway 4, you'll see breathtaking combinations of red maple, birch, aspen, and sumac.

VOYAGEUR VISITOR CENTER

Located east of Ely on Highway 169 is the Voyageur Visitor Center. Stop and visit the Forest Service staff, view the exhibits, walk the nature trail, or just rest and relax. Feel free to ask for information on the Forest's recreation facilities and activities.

Programs are scheduled daily on several subjects including animal track identification, fish habits, lake history, camping, low impact use, wild edible foods, fire, native crafts, map and compass reading, and outdoor cooking. Plan to join one of the weekly hikes to local lakes and bogs where you'll learn about the area's unique history and plant and animal life. Ask to see any of the many films or slide programs on nature and resource management.

The Center is open daily from early spring through late fall. For information on hours, programs, and special scheduling for groups, call (218) 365-6185.



BWCA

The Boundary Waters Canoe Area Wilderness (BWCA) is unique in the National Wilderness Preservation System. It is the only lakeland wilderness in the country. Over 1 million acres, it stretches 150 miles along the Canadian border and boasts over 1,000 lakes that are 10 acres or larger. The BWCA has 1,500 miles of water routes that attract nearly 180,000 visitors each year.

To help preserve the BWCA's wilderness character, please observe BWCA regulations. A list of regulations is available at any Forest Service office. Obtain a free visitor permit from those Forest Service offices or cooperating businesses that issue them. You can reserve permits in advance.

No cans or bottles are allowed in the BWCA except those containing fuel, medicine, toothpaste, insect repellent, and other items that are neither food nor beverage. All empty containers and other refuse must be burned or packed out.

Group size is limited to 10 persons.

Mechanical portaging is allowed only on the International Boundary, Four-Mile Portage, Fall-Newton-Pipestone Bay Portages into Basswood Lake, and the Vermilion-Trout Lake Portage. Outboard motor use is not allowed on most lakes and motor size is restricted on lakes where motors are allowed. Refer to map legend for information on designated motor and snowmobile routes.

FIRES

Gas stoves are much easier to use than wood fires. They eliminate the need to carry axes or saws, and are faster and cleaner to cook on.

Where wood fires are permitted and fireplace is not provided, build fires away from tents, trees, branches, and underground root systems. Build your fire on rock or clear the fire site down to bare soil. To extinguish your fire, stir in water until the ashes are cold to the touch.

During periods of high fire danger, the Forest Service, in cooperation with the State of Minnesota, may ban all open and charcoal fires and allow only the use of gas stoves.

WASTE DISPOSAL

In many areas of the Superior National Forest, including some developed sites, a "pack it in, pack it out" solid waste disposal program is in effect. If no trash cans are nearby, burn what refuse you can and pack out the rest. Help keep your Forest clean and reduce the cost of cleanup.

Dumping any foreign matter into the water ards to pollution. Dump soapy or used water a reasonable distance from water sources and away from visitor use.

Proper disposal of human waste is important. For the sake of those who follow you, leave no evidence of your visit and don't contaminate the water. If a toilet is unavailable, we recommend the "cat method":

1. Select a screened spot at least 100 feet from the nearest water source.
2. Dig a shallow hole 6 to 8 inches across. Try to remove the sod, if any, in one piece.
3. Fill the hole with loose soil after use and then tramp on the sod.

A SPECIAL NOTE FOR HANDICAPPED VISITORS

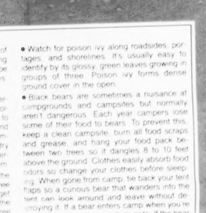
Fall Lake Campground has toilet facilities that accommodate wheelchairs and many campsites that are level.

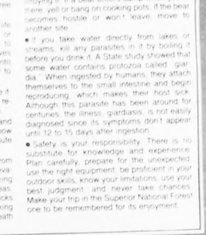
The roads, parking lot, and boat launching ramp are paved and all campsite entrances are surfaced with crushed gravel.

Many other campgrounds are being changed to accommodate handicapped users. Contact Forest Services offices for further information.

Golden Access Passports are available free to blind or permanently disabled persons. Individuals with a Golden Access Passport in their possession are entitled to a 50 percent discount on National Forest recreation use fees. This discount also applies to anyone traveling in a private vehicle with the disabled visitor when the fee is charged on a vehicle basis. A Golden Access Passport is valid for life. Apply for your Golden Access Passport in person at any Forest Service office. Bring identification and information proving your disability.

A separate handout is available that includes maps rating campsites by accessibility. For those interested in the BWCA, the handout also lists organizations that offer special trips for individuals with physical impairments.





SAFETY

Any outing carries with it the risk of injury. Minimize accidents by being aware of hazards in the area and be prepared to handle emergencies.

Don't travel alone.

- Hypothermia is a rapid drop in body temperature that, if untreated, leads to stupor, collapse, and death. It is caused by exposure to cold and aggravated by wetness, wind, and exhaustion. Most cases develop in air temperatures between 30°F and 50°F. Stay dry and out of the wind. Learn to detect hypothermia's symptoms and know how to treat them.
- Lightning has killed Forest visitors in the past. Pitch your tent away from tall trees, tree roots, and rock. When a storm threatens, get off this water. If far from shelter, sit out the storm in a low-lying area that has even tree cover and little rock.
- Always wear a Coast Guard-approved life jacket when on the water. If your boat or canoe capsizes, stay with it and swim to shore. Don't try to travel in high winds. Waves build quickly, even on a small lake. Draw into a sheltered bay and take the opportunity to sit back and listen to the Forest.
- Carry a first-aid kit and know how to use it. It's also wise to learn cardiopulmonary resuscitation (CPR) and artificial respiration.
- Carry a compass and current maps and know how to read them. Let someone know when you plan to leave, what your travel route is, and when you plan to return.
- Use insect repellent to protect yourself from black flies and mosquitoes, which are prevalent during June and July. After walking through the woods or open, grassy areas, check yourself for wood ticks. Remove ticks by pulling them slowly from your skin, making sure the tick head does not remain beneath the skin.
- Watch for poison ivy along roadsides, portages, and shorelines. It's usually easy to identify by its glossy, green leaves growing in groups of three. Poison ivy forms dense ground cover in the open.
- Black bears are sometimes a nuisance at campgrounds and campsites but normally aren't dangerous. Each year campers lose some of their food to bears. To prevent this, keep a clean campsite, burn all food scraps, and grease, and hang your food pack between two trees so it dangles 8 to 10 feet above the ground. Clothes easily absorb food odors, so change your clothes before sleeping. When going from camp, tie back your tent flaps so a curious bear that wanders into the tent can look around and leave without destroying it. If a bear enters camp when you're there, yell or bang on cooking pots. If the bear becomes hostile or won't leave, move to another site.
- If you take water directly from lakes or streams, kill any parasites in it by boiling it before you drink it. A State study showed that some water contains protozoa called "giardia." When ingested by humans, they attach themselves to the small intestine and begin reproducing, which makes their host sick. Although this parasite has been around for centuries, the illness, giardiasis, is not easily diagnosed since its symptoms don't appear until 12 to 15 days after ingestion.
- Safety is your responsibility. There is no substitute for knowledge and experience. Plan carefully, prepare for the unexpected, use the right equipment, be proficient in your outdoor skills, know your limitations, use your best judgment, and never take chances. Make your trip in the Superior National Forest one to be remembered for its enjoyment.

CLIMATE

Northeastern Minnesota is well-known for its warm summer days and cool nights. Indian summers, and hardy winters. Yearly rainfall ranges from 26 to 31 inches and average snowfall is about 60 inches. Lake Superior influences the climate of nearby areas, moderating extreme temperatures and increasing precipitation in the northeast.

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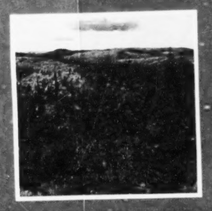

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AVERAGE TEMPERATURES AND PRECIPITATION DURING LATE SPRING AND SUMMER ARE:

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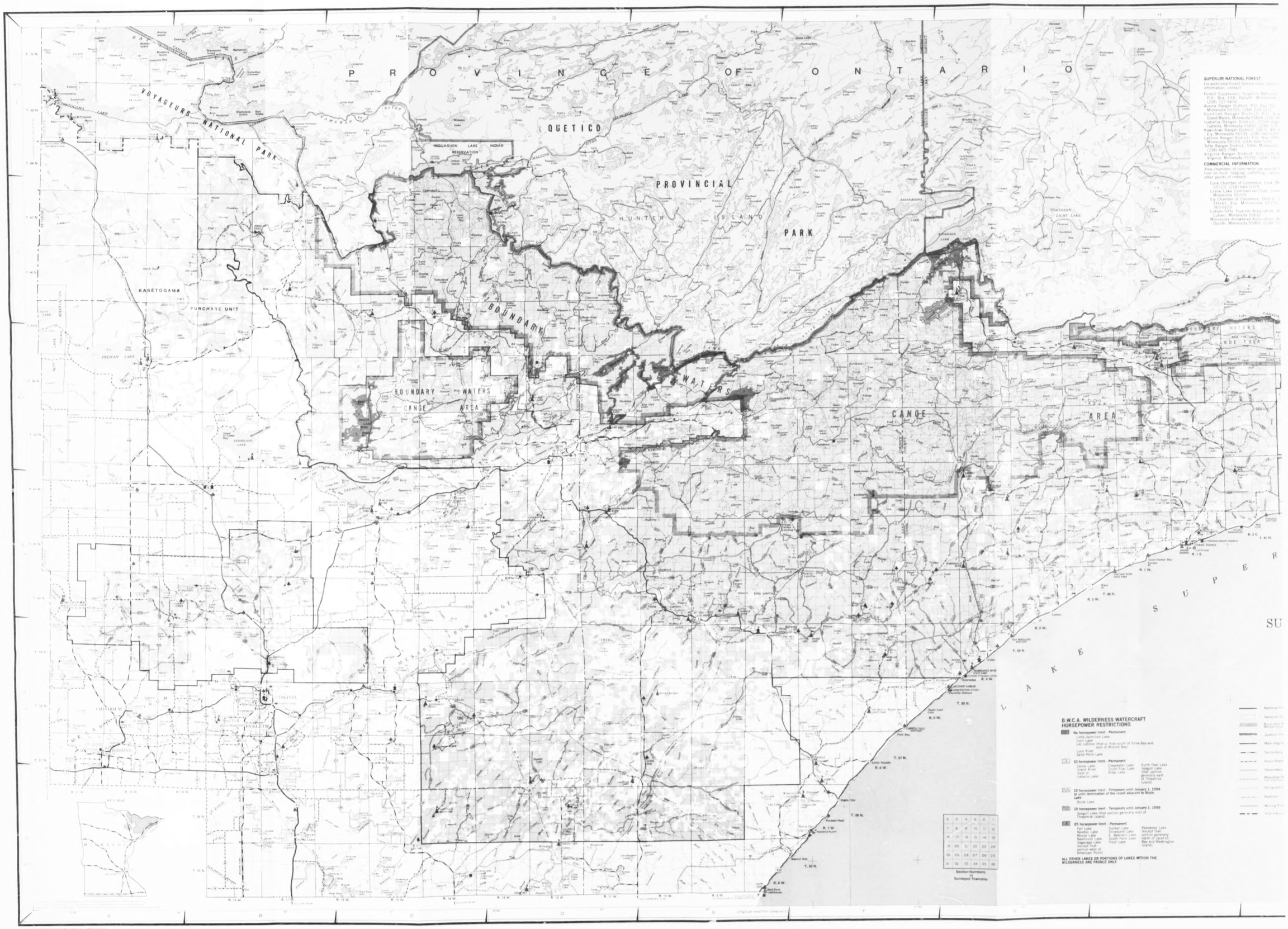
P R O V I N C E O F O N T A R I O
QUETICO
PROVINCIAL
PARK
VOYAGEURS NATIONAL PARK
KABETOGAMA
PURCHASE UNIT
BOUNDARY WATERS CANOE AREA
NEGAUNEE IRON RANGE
SUPERIOR NATIONAL FOREST
COMMERCIAL INFORMATION
B.W.C.A. WILDERNESS WATERCRAFT HORSEPOWER RESTRICTIONS
ALL OTHER LAKES OR PORTIONS OF LAKES WITHIN THE WILDERNESS ARE PADDLE ONLY
Section Numbers in Surveyed Township
KEY MAP

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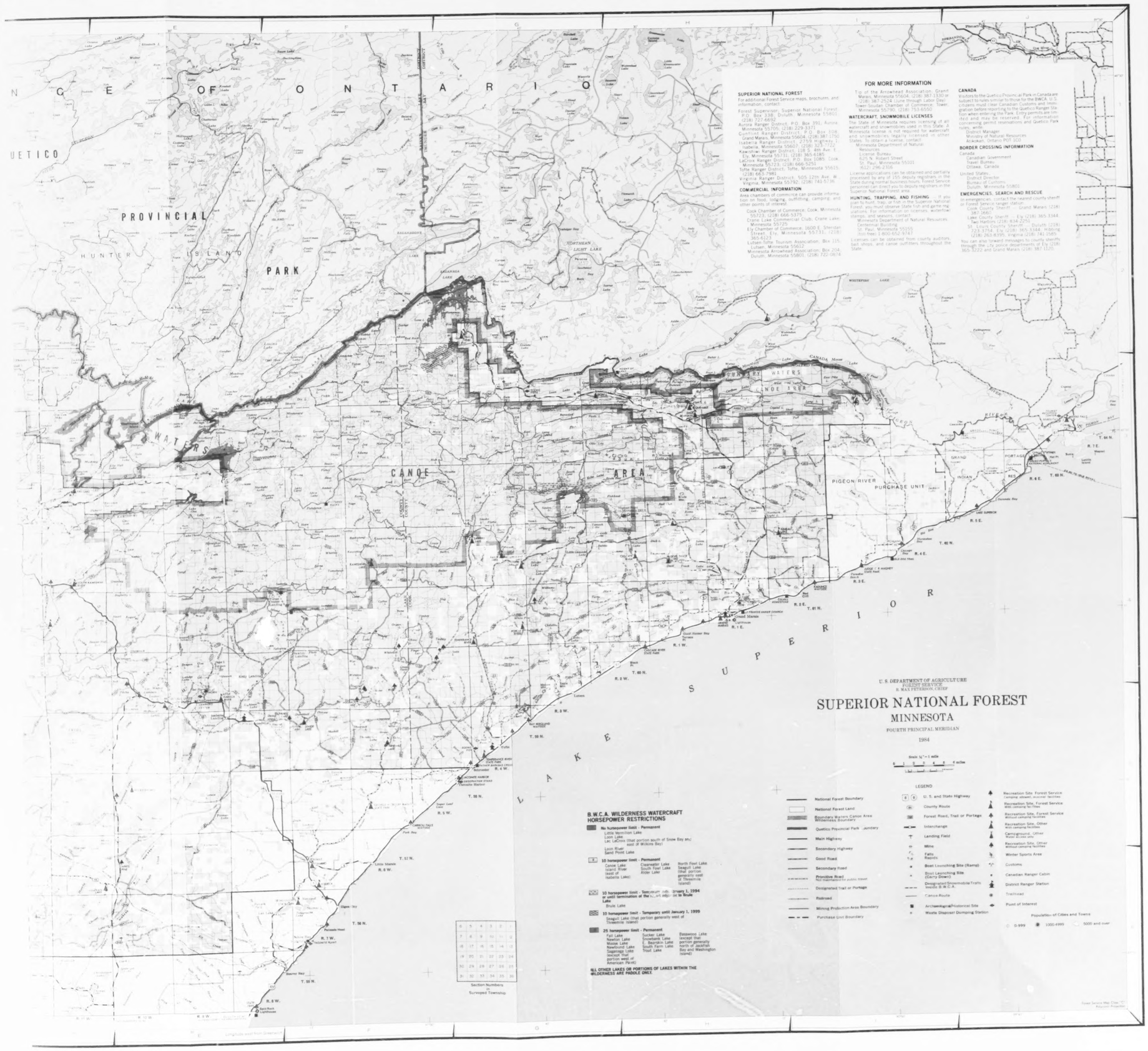
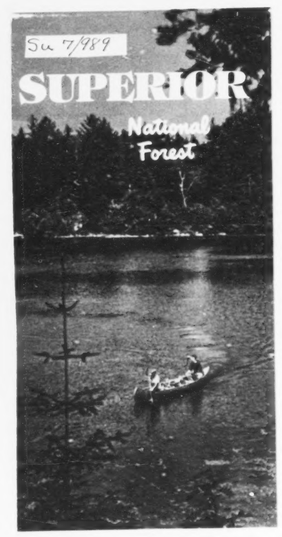

SUPERIOR NATIONAL FOREST
For additional Forest Service maps, brochures, and information, contact:
Forest Supervisor, Superior National Forest, P.O. Box 338, Duluth, Minnesota 55801, (218) 727-6692
Aurora Ranger District, P.O. Box 391, Aurora, Minnesota 55705, (218) 229-3371
Gunflint Ranger District, P.O. Box 100, Grand Marais, Minnesota 55604, (218) 387-1750
Isabella Ranger District, 2759 Highway 2, Isabella, Minnesota 55607, (218) 323-7122
Kawishiwi Ranger District, 118 S. 4th Ave. E., Ely, Minnesota 55731, (218) 365-6185
LaCroix Ranger District, P.O. Box 1085, Cook, Minnesota 55723, (218) 666-5251
Tofte Ranger District, Tofte, Minnesota 55615, (218) 663-7981
Virginia Ranger District, 505 12th Ave. W., Virginia, Minnesota 55792, (218) 741-5736
COMMERCIAL INFORMATION
Area chambers of commerce can provide information on food, lodging, outfitting, camping, and other points of interest:
Cook Chamber of Commerce, Cook, Minnesota 55723, (218) 666-5375
Crane Lake Commercial Club, Crane Lake, Minnesota 55725
Ely Chamber of Commerce, 1600 E. Sheridan Street, Ely, Minnesota 55731, (218) 365-6123
Lutsen-Tofte Tourism Association, Box 115, Lutsen, Minnesota 55612
Minnesota Arrowhead Association, Box 204, Duluth, Minnesota 55801, (218) 722-0874
FOR MORE INFORMATION
Tip of the Arrowhead Association, Grand Marais, Minnesota 55604, (218) 387-1330 or (218) 387-2524 (June through Labor Day)
Tower-Soudan Chamber of Commerce, Tower, Minnesota 55790, (218) 753-6550
WATERCRAFT, SNOWMOBILE LICENSES
The State of Minnesota requires licensing of all watercraft and snowmobiles used in this State. A Minnesota license is not required for watercraft and snowmobiles legally licensed in other States. To obtain a license, contact:
Minnesota Department of Natural Resources
License Bureau
625 N. Robert Street
St. Paul, Minnesota 55101
(612) 296-2316
License applications can be obtained and partially processed by any of 255 deputy registrars in the State during normal business hours. Forest Service personnel can direct you to deputy registrars in the Superior National Forest area.
HUNTING, TRAPPING, AND FISHING. If you plan to hunt, trap, or fish in the Superior National Forest, you must observe State fish and game regulations. For information on licenses, waterfowl stamps, and seasons, contact:
Minnesota Department of Natural Resources
Centennial Building
St. Paul, Minnesota 55155
(toll free) 1-800-652-9747
Licenses can be obtained from county auditors, bait shops, and canoe outfitters throughout the State.
CANADA
Visitors to the Quetico Provincial Park in Canada are subject to rules similar to those for the BWCA. U.S. citizens must clear Canadian Customs and Immigration before reporting to the Quetico Ranger Station when entering the Park. Entry permits are limited and may be reserved. For information concerning permit reservations and Quetico Park rules, write:
District Manager
Ministry of Natural Resources
Atikokan, Ontario P0T 1C0
BORDER CROSSING INFORMATION
Canada
Canadian Government
Travel Bureau
Ottawa, Canada
United States
District Director
Bureau of Customs
Duluth, Minnesota 55802
EMERGENCIES, SEARCH AND RESCUE
In emergencies, contact the nearest county sheriff or Forest Service ranger station:
Cook County Sheriff — Grand Marais (218) 387-1646
Lake County Sheriff — Ely (218) 365-3344
Two Harbors (218) 834-2791
St. Louis County Sheriff — Duluth (218) 723-3754 Ely (218) 365-3344 Hibbing (218) 263-8395 Virginia (218) 741-3565
You can also forward messages to county sheriffs through the city police departments of Ely (218) 365-3222 and Grand Marais (218) 387-1201.
B.W.C.A. WILDERNESS WATERCRAFT HORSEPOWER RESTRICTIONS
No horsepower limit - Permanent
Little Vermilion Lake
Loon Lake
Lac LaCroix (that portion south of Snow Bay and east of Wilkins Bay)
Loon River
Sand Point Lake
10 horsepower limit - Permanent
Canoe Lake
Island River (east of Isabella Lake)
Clearwater Lake
South Fowl Lake
Alder Lake
North Fowl Lake
Seagull Lake (that portion generally east of Threemile Island)
10 horsepower limit - Temporary until January 1, 1994 or until termination of the timber sale contract
Brule Lake
10 horsepower limit - Temporary until January 1, 1999
Seagull Lake (that portion generally west of Threemile Island)
25 horsepower limit - Permanent
Fall Lake
Newton Lake
Moose Lake
Newfound Lake
Saganaga Lake (except that portion west of American Point)
Sucker Lake
Snowbank Lake
E. Bearskin Lake
South Farm Lake
Trout Lake
Basswood Lake (except that portion generally north of Jackfish Bay and Washington Island)
ALL OTHER LAKES OR PORTIONS OF LAKES WITHIN THE WILDERNESS ARE PADDLE ONLY
Section Numbers in Surveyed Township
U.S. DEPARTMENT OF AGRICULTURE
FOREST SERVICE
R. MAX PETERSON, CHIEF
SUPERIOR NATIONAL FOREST
MINNESOTA
FOURTH PRINCIPAL MERIDIAN
1984
Scale ¼" = 1 mile
LEGEND
National Forest Boundary
National Forest Land
Boundary Waters Canoe Area Wilderness Boundary
Quetico Provincial Park Boundary
Main Highway
Secondary Highway
Good Road
Secondary Road
Primitive Road Not maintained for public travel
Designated Trail or Portage
Railroad
Mining Protection Area Boundary
Purchase Unit Boundary
U. S. and State Highway
County Route
Forest Road, Trail or Portage
Interchange
Landing Field
Mine
Falls
Rapids
Boat Launching Site (Ramp)
Boat Launching Site (Carry Down)
Designated Snowmobile Trails Inside B.W.C.A.
Canoe Route
Archeological/Historical Site
Waste Disposal Dumping Station
Recreation Site, Forest Service (camping allowed), seasonal facilities
Recreation Site, Forest Service With camping facilities
Recreation Site, Forest Service Without camping facilities
Recreation Site, Other With camping facilities
Campground, Other Water access only
Recreation Site, Other Without camping facilities
Winter Sports Area
Customs
Canadian Ranger Cabin
District Ranger Station
Trailhead
Point of Interest
Population of Cities and Towns
0-999
1000-4999
5000 and over
PROVINCIAL PARK
HUNTER ISLAND
QUETICO
WATERS
CANOE AREA
PIGEON RIVER PURCHASE UNIT
LAKE SUPERIOR
NORTHERN LIGHT LAKE
WHITEFISH LAKE
CANADA
Grand Marais
Tofte
Lutsen
Schroeder
Two Harbors
Duluth
Little Marais
Beaver Bay
Silver Bay
Isabella
Ely
Aurora
Virginia
Tower
Orr
Crane Lake
Cook
Section Numbers in Surveyed Township

RECREATION TRAIL INDEX

Trail Names	Index # & Map Key	Length (Miles)	Difficulty Rating (Beginner, Intermediate, Advanced)	Camping	Hiking	Cross Country Skiing	Snowshoeing
Angleworm Trail	159 D2	14	X	X	X	X	
Bass Lake Trail	209 D3	6	X		X	X	
Bayle-Herriman Lake Trail	144 B2	11	X	X	X	X	
Big Aspen Trail	262 B4	14	X		X	X	
Big Lake Trail	208 D3	3	X		X	X	
Big Moose Trail	164 C3	2	X		X	X	
Big Rice Spur	189 B4	1					
Birch Lake Plantation	216 D4	4			X	X	
Bird Lake Trail	184 E5	10	X		X	X	
Bwadik Spur	167 E5	2					
Border Route Trail	190 H3	45	X	X	X	X	
Cascade Ski Trail	213 H4	20			X	X	
Casey Pond Complex	25 D3	10	X		X	X	
Crane Lake — Vermilion Gorge Trail	166 B5	10	X	X	X	X	
Divide Lake Trail	176 B2	4	X		X	X	
Eagle Mountain Trail	131 H3	14	X	X	X	X	
Fall Moose Trail	144 E3	10	X		X	X	
Fens Lake Trail	148 H3	11	X		X	X	
Gathering Waters Trail	83 E4	4	X		X	X	
Gneiss Trail	145 D2	10	X		X	X	
Hegman Lake Trail	83 D2	4	X	X	X	X	
Hogback Trail	111 J5	4	X		X	X	
Kawishiwi Trail	171 J5	15	X	X	X	X	dog sledding
Kekekabic Trail	147 E3	11	X	X	X	X	
Kings Road	130 B6	2					
Lauzenian Trail	130 B6	20					physical fitness trail
Lauzenian Uplink	130 B6	2	X	X	X	X	
Lookout Mountain Trail	109 B6	14	X		X	X	
Magnetic Rock Trail	149 C3	4	X		X	X	
Middle Astrid Trail	189 C3	4	X	X	X	X	
Minnie Astrid Trail	183 C4	4	X		X	X	
Nature Boy	132 B4	2	X		X	X	
North Shore Trail	130 B6	60	X		X	X	
North Shore Mountains Trail	78 G4	6	X		X	X	
Norway Point	213 H4	2	X		X	X	
Old Greenwood Lake Trail	251 H4	6	X		X	X	
Pincushion Mountain Trail	109 C6	4	X		X	X	
Pine Row Trails	160 E4	45	X	X	X	X	
Secret Blackshirt Trail	180 B5	4	X		X	X	
Secret Beaver Trail	180 B5	4	X		X	X	
Snow Hunter Trail	166 D5	10	X		X	X	
Snowshoe Dot Trail	190 E4	2				X	
Trails Trail	196 E6	4	X		X	X	
South Lake Trail	196 E6	4	X		X	X	
St. Louis River Trail	218 C5	6	X		X	X	
Stuart Lake Trail	163 D2	4	X		X	X	
Sturgeon River Trail	194 B4	4	X		X	X	
Sugarbush Trail	194 B4	4	X		X	X	
Superior Trail	130 B6	200	X		X	X	
Tuscarora Trail	180 D4	4	X		X	X	
Tuscarora Loop	180 D4	4	X		X	X	
Tucker Lake	214 E4	4	X		X	X	
Two Island Lake Trail	190 H3	4	X		X	X	
Vista Route	130 B6	4	X		X	X	
Wanapitei Trail	130 B6	4	X		X	X	
Whitefish Trail	130 B6	4	X		X	X	
Wintergreen Trail	130 B6	4	X		X	X	

Generally groomed



United States Department of Agriculture Forest Service Superior National Forest Minnesota

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RECREATION SITE INDEX

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